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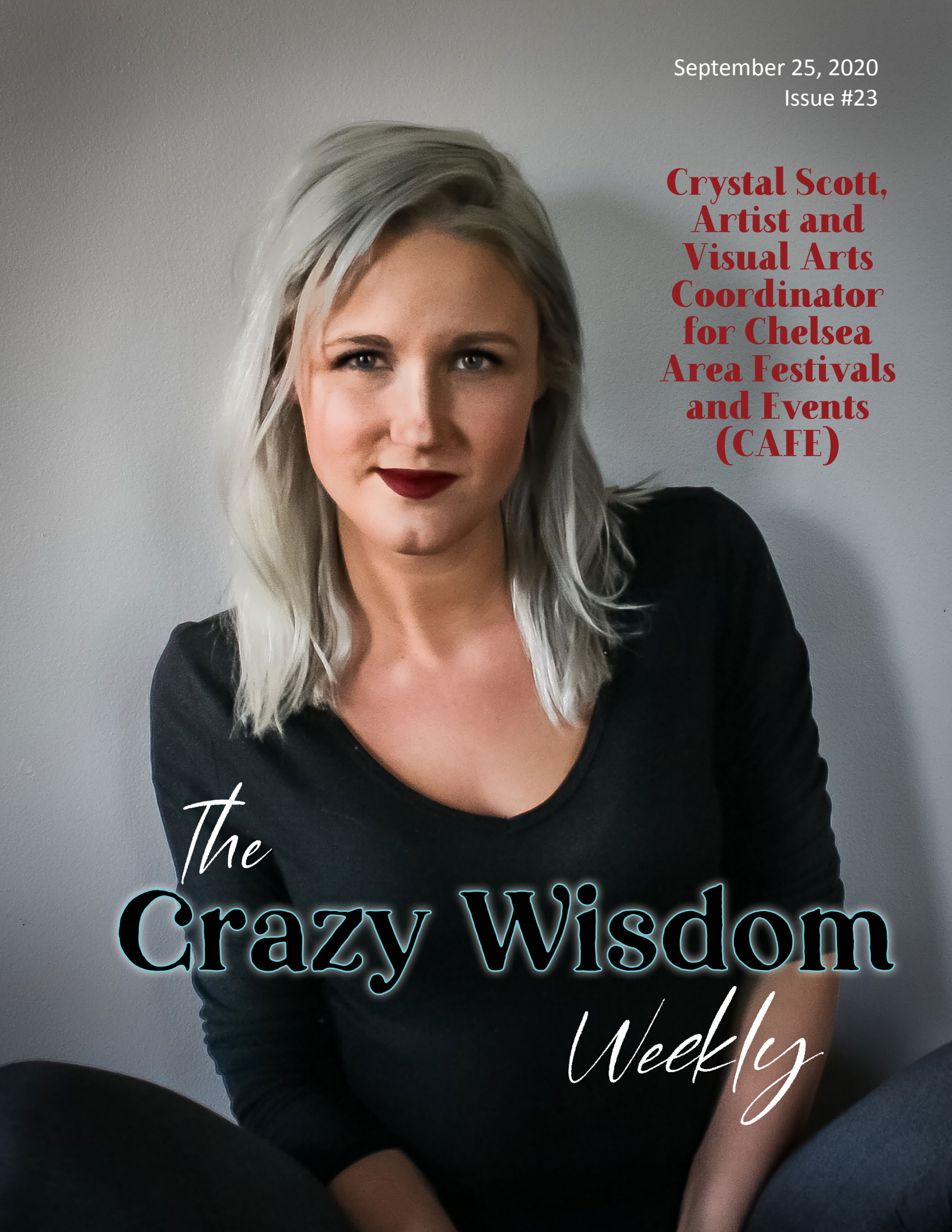
Issue #23



Crystal Scott, Artist and Visual Arts Coordinator for Chelsea Area Festivals and Events (CAFE)

The Crazy Wisdom Weekly

Photo by Aaron Burden on Unsplash

The Crazy Wisdom Weekly

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, fall gardening tips, reflections on life, your best recipies, or awesome autumn wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Table of Contents

Word of the Week ..... page 4

From Our Blog..... page 5
By Heidi Mae Wolf

Book Pick of the Week..... page 5
By Grace Story

Squirrel Sense..... page 6
By Randall Andrews

Pandemic Q & A
With Haju Sunim..... page 9

5 Questions for Artist Crystal Scott..... page 10

Comfort Food..... page 12
By Angela Madaras

Things That Go Bump in the Night
By Madeline Strong-Diehl..... page 13

The Crazy Wisdom Weekly Calendar..... page 14

Ann Arbor Healer, Marcia Haarer
by Laura K. Cowan..... page 16

A Final Thought..... page 18

Crazy Wisdom Bookstore is open!
Monday - Saturday 11 - 7
Sunday 12 - 5
734.665.2757
crazywisdom.net
It's been wonderful to see our lovely customers— masked, socially distanced and staying safe.
We missed you and are grateful to our staff for being here!
Our second floor and public restroom remain closed.
Thank you for your patience and understanding!
CRAZY WISDOM
bookstore & tearoom

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Randall Andrews
Crystal Scott
Carol Karr
Grace Story
Madeline Strong-Diehl
Heidi Mae Wolf
Angela Madaras
Richard Mann
Laura K. Cowan
Jennifer Carson
Bill Zirinsky

Word of the Week:

Gossamer

A fine filmy cobweb seen on grass or bushes or floating in the air in calm weather, especially in Autumn.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

From Our Blog– Using Crystals to Attract Faeries

By Heidi Mae Wolfe

Once upon a time, nearly every culture on every continent held some measure of belief in the existence of fairies. A life form described as small humanlike creatures that live in natural habitats, often invisible to human eyes. Early writings depict them as mischievous and even at times, malicious. Travelers often left offerings of food and drink for them in exchange for protection against the elements, wild animals, and other dangers that might befall on their journey. Legend has it that fairies especially appreciated milk, bread, cheese, sweets, and other prepared foods.

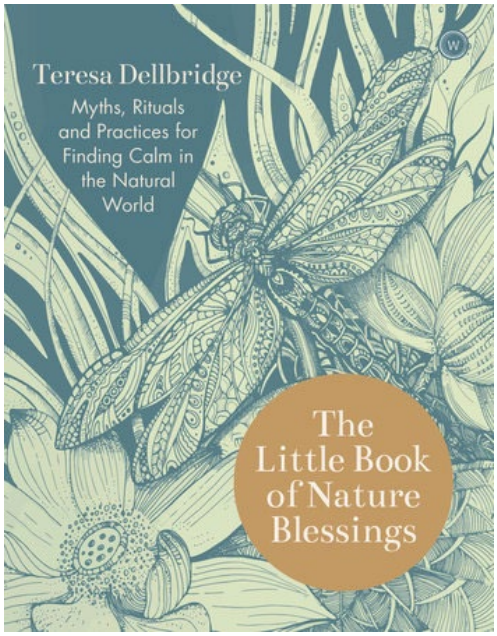
As the centuries passed and beliefs evolved, the reputation of fairies improved considerably. Fairies became known as benevolent nature spirits (elementals) who may still have a mischievous streak in them, but are usually good-natured and serve to protect animals and the natural world. Fairies, as many know them today, are believed to spread joy and good will, inspire wonder and creativity, and love to make things grow.

As the population of true believers in our own realm continues to grow, so does the popularity of fairy gardens. Whether your interest in the art form is spiritually inspired, or purely recreational, you already know that fairies are attracted to anything that shines or sparkles. Such embellishments are essential, then, to any fairy garden. Given their connection to nature, it would seem that natural crystals and gemstones could have an even stronger attraction. Here are some suggestions that might make a nice addition to your own fairy garden.

Find out which crystals to use in your fairy garden!

Crazy Wisdom Book Pick of the Week

By Grace Story


Teresa Dellbridge
Myths, Rituals and Practices for Finding Calm in the Natural World
The Little Book of Nature Blessings

The Little Book of Nature Blessings
by Teresa Dellbridge

Nature helps us still the mind, feel connected, find calm and allows us to be more consciously present - these are simple things that many of us are searching for. In this little book, Theresa Dellbridge provides practices based on the elements, seasons; sun and moon that will help you to release the stress of everyday life.

Many people in today's world feel ungrounded, adrift in an environment fraught with pressure but often devoid of meaning. Smart phones, social media and computers devour an increasing amount of our time, without offering true nourishment for the soul. Depression and a sensation of being lost are common, and people are turning in increasing numbers to nature for a sense of belonging, and to be calm.

The Little Book of Nature Blessings encapsulates "everyday spirituality" requiring no set of beliefs, generating a feeling of self-awareness. Written in a user-friendly, entertaining and engaging manner with a simple message that will enable any reader to improve their life by connecting to the world around them.

Purchase your copy of *Little Book of Nature Blessings* at shopcrazywisdom.com.

Randall Andrews

They call it *bird*seed for a reason, but squirrels don't know that.

For those of us who enjoy feeding birds, squirrels can be crafty, and sometimes costly, adversaries. A hungry fox squirrel can chow down a dollar's worth of sunflower seeds faster than a small flock of finches, which can be annoying. Or it can be entertaining.

For the most part, I've maintained the latter perspective. I do remember grinding my teeth when I spotted a bushy tail at my new "squirrel-proof" feeder, but my frustration faded quickly in the face of the mystery. How had he done it? Could he fly? Repel? Teleport?

Where I live, fox squirrels and red squirrels have been in residence at least as long as I have. It wasn't until much later that the first gray squirrel appeared. It was exciting in a way, spotting a new critter, but it was also worrisome. Birds aren't the only ones with pecking orders. I liked the squirrels I had, and I didn't want some newcomer crowding in on their territory.

It turns out, I needn't have worried. There was a little jockeying for position, but everyone settled into a new routine, a new normal, and no tails were lost in the transition. To accommodate my newly expanded clientele, I added a little wooden table and chair to the feeder tree, just the right size for an ear of corn and a squirrel.

As time passed, the gray squirrel not only won me over, but rose to the top of my favorites list. Because he was gray, and because I was reading Oscar Wilde at the time, I named him Dorian. Even by squirrel standards, he was extraordinarily acrobatic, a talent that granted him access to any feeder, squirrel-proof or not.

Of course, that became a moot point once he started eating from my lap.

Years earlier, after noticing the natural boldness of chickadees, I performed an experiment, the result of which was dozens of birds of several species eating from my hands. I did that on purpose, according to a plan. With Dorian, it was different. I had no intention of training him, and maybe I didn't. Maybe he trained me. Regardless, he ended up in my lap eating the birdseed that was supposed to be for—you guessed it—the birds!

Instead of shooing him away, I started calling it squirrelseed instead. There. Problem solved.

So there I was, enjoying increased biodiversity in my own backyard, as well as the company of my first rodent friend. I should also have been experiencing the satisfaction that comes with insight. After all, my initial reaction to Dorian's appearance proved to be way off base. Adding him into the mix had only made things more interesting. There were definitely lessons to be learned there. But sometimes I'm a slow learner.

I'm not sure how much time passed then before the black squirrel showed up. Maybe a year. Maybe a little less. I do remember that despite the fact that I should have known better, I responded with the same groan as before. I again thought of my regulars, and of Dorian in particular. We were buds by then. As long as I supplied him with corn and *squirrel*seed, he was more than happy to hear me whine about work or the weather or whatever Detroit sports team was playing then. (He's an excellent listener.)

I liked the way things were, and I didn't want them to change. I didn't want anybody ruining our routine.

Albert Einstein once said, “Look deep into nature, and then you will understand everything better.” Smart guy. Wise words.

I’d been looking into nature, but I hadn’t been seeing everything clearly. Fortunately, Dorian was going to give me a second chance to learn the lessons I’d missed the first time around.

It became quickly apparent that Dorian and the black squirrel could get along. There were some spirited games of tree-tag, but they felt more playful than aggressive. In fact, there were times when it seemed almost . . . flirty? The more I watched, the more convinced I became that *he* really liked *her.* A lot. Hmmm?

As chance would have it, the answer to my next question was within easy reach. I’d been trying (for the hundredth time) to deal with my book hoarding problem, and knew the exact location of my Peterson Field Guides.

As I’d suspected, black squirrels are, in fact, gray squirrels. This might sound strange, given the obvious difference in their appearance, but it’s true. More familiar to most people would be the case of Labrador Retrievers, found commonly with coats of black, chocolate or yellow. They look very different, but inside they’re the same. It’s the same with the squirrels.

And with us.

Einstein was right. No surprise.

I realize that accessing nature on a regular basis is not a simple matter for many people. However, I strongly believe that getting grass under your feet and the electric light out of your eyes from time to time is vital to good health. Also, it really is true what Einstein said. Looking deeply into nature can lead to a greater understanding of so many things, including ourselves.

Randall Andrews is the author of two books, The Last Guardian of Magic, and Finding Hour Way, a collection of novellas about navigating life with time travel. Learn more on his website, thelastguardianofm.wixsite.com.

Don’t miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and also online!

THE CRAZY WISDOM COMMUNITY JOURNAL
SOUTHEASTERN MICHIGAN’S CONSCIOUS LIVING MAGAZINE
FREE
SEPTEMBER THROUGH DECEMBER 2020 - ISSUE 75
25th Anniversary Issue
Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O’Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli’s Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

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From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited eight well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Haju Sunim.

Haju Sunim

Reverend Haju Sunim has been at the local Zen Buddhist Temple since 1982, and its leader for 35 years, "always with significant help from many sincere-hearted, skillful, and spunky sangha members." She hails from Vancouver, and has two daughters, Karima and Komani. She's been on our cover three previous times over the decades.

Did you develop any new habits during these months of stay-at-home orders and social distancing, or because of fear of exposure to Covid-19?

I've been going out for a brisk daily walk in the very early morning followed by meditation in our local, Burns Park. I intend to continue these walks, weather permitting. Also, I have been doing a lot more cooking which I quite enjoy, and I have appreciated being in the garden more.

How have you handled this unique time in your life? Have you found yourself getting lonely, and if you have, how have you helped yourself to feel better? What gifts or blessings have come your way during these months, and what has been hardest?

I live at the Zen Buddhist Temple with a few others. Together we have kept up a simple schedule of thrice daily meditation practice, sharing preparation of meals, renovation projects, landscaping, and growing vegetables. It's been a delight to build a chicken coop and have eight young chickens and a duck move in. We have been enjoying getting to know them. I personally enjoy regular Facetime and phone calls with my children and young grandchildren especially seeing how well they all have adapted to lockdown.

I guess it was hard to not have my regular doctor appointments for three months, but now I have taken them up again with mask and safe distancing. Also, I found it challenging to prepare my usual weekly dharma talks in response to the turbulence of the time. I realized I have much to learn about every issue that we are facing!

How do you see your work life changing because of this period in your life?

People have asked us to continue our online Sunday Services when we go back to in person services. The online services have allowed members and friends who have moved away to be back in regular touch. I am sharing my temple responsibilities more with younger ones.

What inspired you to become a Buddhist priest?

There wasn't a plan. One thing led to another, the priest here left, and I was asked to take on the duties. I said yes, not knowing in the least what I was getting into. It's been extraordinary!

What will have permanently changed in your life due to covid-19?

I don't know. I'm watching.

Did your childhood dreams manifest in your adult life? How?

Well, I guess I did end up being a teacher but never dreamed at that time and that place, 1950's in Vancouver, British Columbia, that I would end up being a Buddhist priest in a Temple in Ann Arbor, Michigan. I hadn't even heard of the place or of such a vocation!

What do you think is the most fascinating or profound aspect (or aspects) of this pandemic, and its effects on our culture and country?

I think that this pandemic has been a catalyst for much social unrest in this country and culture and I hope the so-called chaos we have been experiencing is an important part of a process to nurture a deeply just society wherein all lives matter. I know it has prompted us to look at how we here at the temple are doing with this. And, again, I have been looking at myself in this regard more than ever. Upheaval!

I also have been very grateful and in awe of the courage, love, skill, loyalty, patience, creativity, generosity, and heroism of our human spirit from those on "front lines" everywhere! Here, a deep bow to those who have supported the temple in so many ways. And a bow to the nephew of one of our members who is a doctor for native peoples in Arizona who were really devastated by the virus. He and a fellow went to Hollywood to raise money for equipment because support was not coming from anywhere else. And they were successful! Ah, the inspiring stories!

5 questions for artist, Crystal Scott

Crystal Scott is a sculptor, graphic design artist, and the Visual Arts Coordinator for Chelsea Area Festivals and Events (CAFE).

With so many afraid to even leave their house for the last several months, what made you want to put an in-person art show together? Why is it called "A Rare Find"?

"A Rare Find" is definitely a play on how 'rare' an art show is found these days, but mostly the rare birds that artist Lindsey Dahl homes. I had such joy seeing them all and playing around with them that we wanted to share the experience with others! Birds are cool, and shockingly therapeutic. Especially when you can't stop laughing at the pigeon with a backwards neck or chicken with a tufted afro of feathers covering it's face!

Dahl reached out to me to help her gather a few artists for an open studio day she was going to host. Dahl has a brand new home studio and basement gallery that she welcomes the public into, a cool glimpse behind the scenes of a successful artist. Once I saw her setup—huge yard, quality art, and entertaining avians—I was eager to grab hold of this opportunity and shoot it off to the moon! Dramatic maybe, but seriously—I had been suffering a lot of event-cancellation despair and empathy toward all the artists the pandemic has stolen a year's worth of income from. Not to mention a year's worth of livelihood.... I think we can all speak to that. Fear and precaution do not need to be congruent.

Long story short, no matter how this whole thing shakes out, life must go on! We can be safe and still reclaim our culture, need for socialization, and show some local love. This event aims to be completely safe. Being outdoors with 10 foot in between each art booth, and masks worn inside or in close proximity.... or whatever else the CDC recommends for safe gatherings come October. The very life we are all scared to lose finds so much of it's value in our community and in the arts.

What kind of response did you get from artists? Are all the artists local? How many will be showing their work?

There was an intense response from artists, I instantly got almost enough to cap it off. Plus everyone who responded seems so very thankful, and excited about the event. All the artists and businesses are very local. If not from Jackson, Chelsea, or Ann Arbor itself, they are an easy drive away. I estimate to have around, but not over, 30 artists and/or businesses present to show and sell their work.

What other activities will be offered during the show?

As of right now we plan to have the bird interactions, some live art demos, interactive kids things like painting on a canvas or on a pumpkin, popcorn making and refreshment tasting, possible live music, and a fire with hay bale seating. So, really just all the typical art show shenanigans, but with a pandemic-in-the-fall meets weird-pigeons flavor. We are not charging any type of entrance fee or any fees to the artists involved. However, we will have donation bins (birdhouses... how cute is that?!) to help us offset costs and will provide half of all the donations to the Bird Center of Washtenaw County.

How do you think art can bring people together when the country seems to be so divided right now?

Art does exactly that though! And it's one of the reasons I've fallen for this career path. When someone looks at art they are subconsciously projecting their own histories and opinions. A piece can be directly representational or purely minimalist... every single person is going to read it differently and feel differently about it. Art resides in the grey field between all the black and the white. It is one of the few things all of humanity has in common—right alongside emotion, family, and soul, is culture.

As a creative, how did you make it through the months of shut-downs and quarantine? What do you do each day to make sure your creative soul has been fed?

I painted! I started painting again for the first time in years, actually, and I painted totally freeing and unrestricted genres. And it felt great.... ironic considering everything that came from me was so very dark. I think for any creative soul, we use that creativity as a vent for an overwhelming sense of dread, sadness, or even joy. The intensities we feel might burn inside us, but can flow right out through our chosen media. And you know, I've always wondered something—so many artists struggle mentally. Does the creativity emerge as a defense from a troubled soul? Or does the troubled soul emerge from the burden of an innate creativity?

Find about more about A Rare Find art show, and the artists attending, here.

A RARE FIND
ART SHOW 2020
30 LOCAL ARTISTS
OCTOBER 10 · 11 A.M.-8 P.M.
ACROSS FROM SANDHILL CRANE WINERY IN JACKSON
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SOCIALLY DISTANCED OUTDOORS
FOR MORE INFORMATION VISIT ARTBYLINDSEYDAHL

COMFORT FOOD

Grandma Donna's Green Tomato Pickles

By Angela Madaras

Donna Saul was my maternal grandmother and part time surrogate mother after my own mom passed away with Lupus complications causing heart issues and kidney failure at the painfully early age of 28. Both of my grandparents helped raise me, along with my father and step mother, whom my father married a few years after my mom passed away. I had the pleasure of being raised partially in south eastern Michigan and many other places around the southern USA. One special place where my family spent many years, both full and part-time, was the Saul's farm in Lexington, North Carolina.

Grandma Donna loved gardening, goats, and all that went with that lifestyle. We had ten acres with a few horses, a couple goats, too many cats, and an extremely large garden to feed us through the summer, to share with neighbors, and to "put-up" for winter months. Donna did not like wasting food, so every little bit we could save and use was important. I spent hours every summer with her and my "sister-aunt" (my mom's younger sister, Hota, who adopted me as her sister as we were close in age).

We played music, prepped vegetables, kept the very large pots and pressure cookers running, and started a canning production line after harvesting directly from the garden. Then came fall. Fall meant green tomatoes and some green peppers, along with onions, which all got made into a boiling pot of relish-pickles loaded with flavor. The pickles had enough of "preservative" type ingredients and acidity to allow us to fill warm jars with extremely hot vegetables and spices so we could immediately place the lids and rings on while very hot. This meant the jars could sit on a table on top of a towel until the jars were completely cold and the tops had sealed. Donna let them sit untouched in a cool spot for 24 hours. The jars that sealed went into cold storage and the ones that did not seal went into the refrigerator and to friends to be eaten right away. The sealed jars could last for up to a year. It was well worth the effort.

I continued making the same recipe, but using only a quarter of the ingredients, and I cut way back on salt. One year I entered these in Down Town Home and Garden's pickle contest and won third prize in a tie out of forty entries. I encourage you to make these with loved ones or friends. Kids especially enjoy helping out and learning a little about the science of food preservation. Donna always included her memories of post depression era and WW2 times when food was considered a true gift and always appreciated. This is one lesson she taught that I passed along to my grandkids, god children, and nieces and nephews—not to mention my readers. May you preserve Grandma Donnas' recipe and ideals yourself, and share with others. There is no better time than now.

Ingredients:

1/2 Bushel green tomatos
9 Sweet green peppers
1/2 Peck onions
3 lbs. Brown sugar
2 Cup salt
3 Quarts vinegar
1 Stick cinnamon
1 tsp ground cloves
2 tsp ground mustard

Slice onion, tomatos, and peppers and place them in a large mixing bowl. Add add salt and let stand overnite. Drain and add other ingredients. Place them all in a pot and simmer up to one hour. Fill the jars with the hot ingredients and seal with lid and ring while hot. Let sit on a towel in a quiet space for 24 hours. The jars seal because they are so hot and the salt, peppers, onions, and sugar preserve the vegetables without water bathing or pressure cooking. The sealed jars will last for up to a year in storage. The jars that don't seal should be placed in the refrigerator and eaten within a month.

Interested in learning more about quick pickling? Edible East Bay is offering a free downloadable guide. Visit them online here.

Things That Go Bump In the Night

By Madeline Strong-Diehl

For ten years, I have kept a modest "kitchen garden" in my front yard consisting of six basil plants and eight tomato. I've always been able to make and freeze enough pesto to last through the winter. And I've been able to harvest plenty of tomatoes for my family, friends, and neighbors to enjoy from mid-summer through the fall.

This past March, my gardening went to the next level after our daughter, Amelia, came home to "shelter in place" with us. She had been living in Chicago for two years, and prior to that, she had gotten her hands dirty spending a summer at Tantre Farm, an organic farm near Chelsea. There she had experienced the deep fulfillment of waking at sunrise to harvest spinach leaves, lettuce, kale, beets, carrots, tomatoes, zucchini, and more—all with Zen-like devotion.

Once back in Ann Arbor this past March, Amelia planted seeds for many of these crops, once more seeking the regenerative practice of gardening, and inspired by the potential of our expansive lawn (compared to Chicago). Throughout the next month we all watched, mesmerized, as the green leaves of seedlings broke through the dirt and unfurled, becoming taller and stronger each day. Amelia's ambition to grow and nurture living green things provided all of us with joy and something to look forward to in the midst of Covid-19 and a lot of other bad news.

Once the plants were in the ground in late May, Amelia and I fell all over each other with enthusiasm and had no problem remembering when it was our turn to water them. My gardening skills improved, and I even began to use Miracle Grow and Neem for the first time.

But as the summer wore on, Amelia and I began to feel too tied down and found we also wanted to read books, write stories, and talk with friends. We went from watering the plants twice a day to once a day, and I eventually lost track of my Miracle Grow schedule. Anyway, it only took us one glance at the zucchini to know that the gardens could stand a little neglect at times. (In fact, by mid-July, the zucchini plants seemed to be taking over an entire garden plot and reminded us of the flesh-eating plant in the movie *Little Shop of Horrors*.)

By the time our plants reached maturity at the end of July and heading into August, it felt like Christmas whenever we peered through the leaves and found a perfectly ripe tomato or squash to harvest. But by mid-August, both Amelia and I had become distracted by other things, and we assumed that the other person was doing the picking.

Then our zucchini plants got hit by white powdery mildew, and their once magnificent leaves shriveled and died, obscuring the ground beneath them. We went about the motions of seeing if there were any survivors, and eventually gave up because the damage to the plants had been so extensive.

After reading that the disease overwinters, I pulled up all the plants by the roots, meaning to destroy them. To my amazement, I found two huge zucchini hiding under the dessicated brown leaves—one of which measured more than a foot long and weighed more than eight pounds. Despite all the disease that surrounded them, they were perfectly healthy.

But as anyone knows, large zucchini are mostly water and have very little flavor, and they are not very popular with cooks. After I harvested them, I laid them both on a chair in the dining room while I tried to find homes for them.

Then one evening, the three of us—my husband, Amelia, and I—heard a loud crash coming from the dining room. We rushed in, all exclaiming: "What was *that*?"

And there on the floor lay the larger zucchini, as if it had moved of its own will.

***

I told no one outside my family members this story because it had become even more urgent to get rid of the monster zucchini. We feared for our personal safety, and also, the zucchini wasn't getting any fresher.

When I finally did find a home for the monster zucchini, my friend roasted it in pieces with a savory filling and breadcrumbs, which he said was most delicious.

And the moral of this story? Never turn your back on your garden, or it might surprise you.

Did you find a monster zucchini in your garden too? Try this five ingredient zucchini fritter recipe!

weekly The Crazy Wisdom Calendar

Online Workshops

"Weekly Zohar (The Book of Radiance)" Study • September 27 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • October 2 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Journaling for Healing • October 2 • 1 p.m. • 8-Week Online Journaling Workshop. For more information contact Julie Mariouw of Wellspring Workshops by emailing julie@wellspringwritingworkshops.com or visit Wellspring Workshops online.

Monthly Midrash Study • October 2 • 6 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Basic Animal Communication • November 21 • 9 a.m. • Learn to communicate with animals the way they communicate with each other, telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and to connect with animal minds. This is a two-day online class that goes from 9am-4pm each day, November 21-22, 2020. Pre-requisite: read Animal Talk, by Penelope Smith. Fee is $150/$120 if paid by November 7, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Heightening Your Vibration: Alchemy (2 day class) • October 4 • 1:30 p.m. • Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it -- including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Masters of Light. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Connecting with Archangels - Parts 1, 2, 3, & 4 • October 4 • 6 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, on whom to call for particular assistance, and how to safely call upon them. Connect , ask Questions, often receive helpful information. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Shamanism

Medicine For The Earth • October 23 • 9 a.m. • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world.

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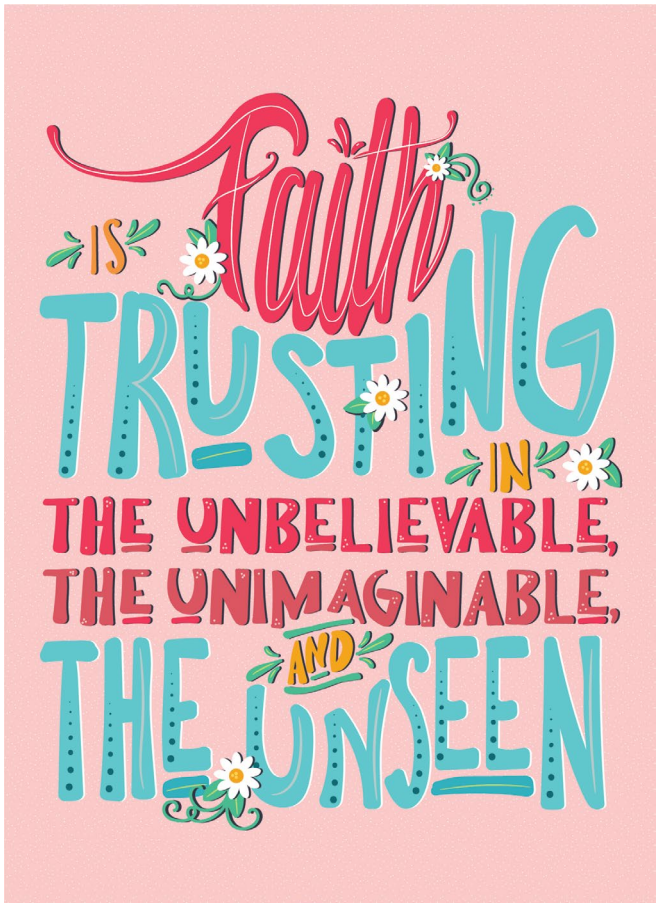
You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: Medicine for the Earth: How to Transform Personal and Environmental Toxins by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. This is a 3-day class from October 23-25, Friday 7-9pm, Saturday 9am-9pm, Sunday 9am-12pm. Fee is $180/$120 if paid by October 10, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • November 7 • 9 a.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way.This class is a prerequisite to ongoing and more advanced shamanic studies. This is a two-day class online from 9am-3pm each day, November 7-8, 2020. Fee is $150/$120 if paid by October 24, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Virtual Group Therapy

Mindfulness-Based Cognitive Therapy Group for Those Age 60 plus with Mariko A Foulk LMSW, and Halla Motawi LMSW • September 23 • 7 p.m • 8 weekly group therapy sessions, evidence-based, to prevent relapse of depression/anxiety. Form ore information coall 734-764-2556.



Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

Thank you to the wonderful staff that has kept this important part of the Ann Arbor community strong all of these years.

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MARCIA HAARER

Realization Process Psychotherapist & Senior Teacher

By Laura K. Cowan

You can try a new type of massage or read a chiropractor's online reviews, but how do you really know when a healing modality is right for you? This new column, from tech and wellness journalist and meditation coach Laura K. Cowan goes in depth with local healers to give you a behind the scenes look at what they really do to help people relax and heal.

A Twenty-Year Healing

Since childhood, I have searched for healing for everything from migraines, to PTSD, to a severe back injury that was diagnosed as impossible to heal. With each injury or illness, I found a way through with the help of good medical care and many supportive healers—often out of the mainstream—who could help me get my life back. Eventually, I was diagnosed as having PTSD from psychological childhood abuse and a rare connective tissue disorder. My healing journey was long, and I needed a lot of gentle support to calm my body and untangle myself from a lot of harsh situations.

In short, I have had an extremely long road to wellness, and that makes me the person a lot of people come to for advice on certain types of healing modalities that might help their situation. I am not a doctor, but I am a journalist experienced at telling the stories of people's professional expertise in little understood fields from technology to wellness.

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On my long healing journey, I worked for a couple of years with a unique therapist I wanted to introduce you to, because her perspective on healing might not only help you, but spark ideas of what is right for your own healing journey. Her name is Marcia Haarer, LMSW, and she labels herself a "Realization Process Therapist." I sat down to talk with her about what this means.

Haarer told me when we sat down, "I have been a therapist for 40 years, since my first job in community health. Ten years ago, I would have labeled myself a trauma-based therapist or an EMDR therapist." In 2010, Haarer started training with popular life coach Judith Blackstone in her embodiment method. "She is a psychologist who created a set of practices to help people experience the mindful field of consciousness that unites us and everything else in our bodies with the environment," Haarer explained. "In many ways, this is an ordinary sort of thing. Many of us attune to this field in nature. Standing in front of a beautiful tree, one can feel unity with nature, and it's restorative for us."

EMDR is an increasingly popular trauma therapy that allows a practitioner to walk a client through a traumatic memory while working with eye movements to unlock trauma that is frozen in

the body. This allows processing and release of tension to heal the trauma rather than just talk about it until it has less emotional charge. EMDR and similar therapies are based in the theory that we somatize or lock traumatic memory into our muscles and bodily structures involved in the traumatic event, and that accessing the memory while performing different types of movement can release that frozen state of overwhelm from the body as well as the mind. It's hard to explain beyond just saying that before this therapy, my memories of the past were loops of near-death experiences and misery and tension, and after, they became part of a smoother narrative of everything I had overcome.

The Realization Process ties into this EMDR or other trauma therapies because it helps the individual have a sort of self-led aha moment that is shepherded by the therapist to happen in a safe space. Haarer explained the concept this way. She once worked with a woman who had been held up at gunpoint, and she felt frozen in fear because at the time it wasn't safe for her to move the gun out of her face. Haarer said that working with her client to realize the power of *not* moving the gun away in that situation to keep herself safe allowed her to regain a sense of agency in her own life. She paired that with practicing moving an artificial gun physically out of her face with her hand to unlock the protective movement in her body, which led to profound relief and

EMDR is an increasingly popular trauma therapy that allows a practitioner to walk a client through a traumatic memory while working with eye movements to unlock trauma that is frozen in the body.

the ability to move again in her own life and stand up for herself.

Haarer said that this processing isn't just for fear either. "Sadness can be metabolized," she explained. "I posed this question," Haarer said of one young man she helped. "What if your depression isn't fixed? What if it has an original emotion underneath it?" The young man discovered the feeling had roots in his mother's depression during his childhood. He could visualize connecting with his mother in this unified field of consciousness that connected them through space and time and was able to disentangle her depression from his need to fix it. "He may always feel some sadness about his mother's depression," Haarer said, "but he can also feel love for himself."

Haarer said that, "in a sense, we inherit our parents' traumas. [Add] our own traumas, and we create holding patterns" that we use to cope. "If I make myself invisible, that bully on the playground can't hurt me as much," she said as another example. "Then I make myself invisible as an adult, too."

Haarer said her favorite thing about being a therapist is "creating a lasting aha experience with a client."

"In Realization Process therapy, you learn to attune to this mindful field within the vertical core of the body… where we are uniquely ourselves and unified at the same time," Haarer explained. "I find it's the safest space to live from, because it's where we are most resourced…. We don't just live in a field of oxygen—we live in a field of consciousness."

Haarer said her favorite thing about being a therapist is "creating a lasting aha experience with a client. As a therapist, I am let into the most intimate experiences of a person's life. If in the midst of that suffering and 'stuckness' we can make a connection that the client wasn't aware of before, that she didn't know was possible, then we've created the experience that real change is possible and right here, in this moment."

A good therapy match, according to Haarer, looks like this:

1) You feel like you're working hard.
2) You have a feeling of relief, you feel lighter.
3) There is some sort of aha experience, and you are learning something new about yourself, what's possible, and becoming more skillful.

Marcia Haarer, LMSW, practices on the west side of downtown Ann Arbor and can be reached by phone at (734) 668-6854. You can learn more about her services at marciahaarer.com.

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